



Advice for when you are discharged from hospital

You are now being discharged after your stay in the NHS Nightingale Hospital North West to home, or your usual place of residence. We will arrange for you to be transferred by North West Ambulance Service.

A stay in hospital can be stressful for anyone, so it is important that you have advice and support to help you during your recovery from illness.

What can I expect following my Covid-19 infection?

Having recovered from Covid-19 infection, it is possible that you may have a persistent cough and that this can last for up to six weeks. This does not mean that your infection has returned. If you feel more breathless or develop a temperature, please contact your GP or primary care provider.

Your local hospital will contact you to check on your recovery. They will give you advice, and arrange further hospital follow up if this is required.

What do I do if I feel more unwell when I get home?

If you feel unwell, or need any support when you get home you should contact your GP. You should tell your GP that you have been in hospital and have been treated for Covid-19. Your GP will arrange a review with you to organise any further care or support you need.

If you feel unwell or need support outside your GP surgery's usual opening hours you should call 111.

What medications have I been sent home with?

When you are discharged from hospital you should be given enough medication to last at least seven days.

We will send your GP a copy of the discharge letter you have been given with your medications.

Your GP will arrange for further prescriptions, or may contact you to arrange to review your medications.

When can I go out?

When you have been discharged from hospital you should follow the government's [Stay at Home guidance for households](#) with COVID-19 patients. This guidance says :

- if you have been in an intensive care setting or have had support for your breathing (CPAP), or if you have been previously advised to shield, you should self isolate for 14 days after your first positive test
- if you were admitted to hospital but did not need support for your breathing, you should self isolate for seven days after your first positive test.

Everyone must follow the government's latest guidance about social distancing.

Where can I access support?

Most local councils are providing support and advice for people who are self-isolating such as help with shopping, or picking up prescriptions.

Check your local council's website for details, or telephone your local Adult Social Care helpline.